

Norman Park Center

July & August 2006



Luau

Thursday, July 27th 1:00 pm

Join us for an afternoon of "tropical" entertainment and refreshments.

Cost: \$1.00 plus a finger food to share

Health Chat– Exercise for Adults 50+

Friday, July 28th 10:00 am

This is part of a series of Healthy Living and Aging talks presented by a local Scripps health care professional. Exercise is a key ingredient in staying healthy for those aged 50+. Attend this presentation and learn more about the benefits of exercise! This program is supported by a grant from Scripps Health.



Refreshments will be served. Please sign up in advance.

Dance Through Life!

Saturday, August 5th 10:30 am - 12:30 pm

Join us for this fun and exciting dance demonstration/workshop. Enjoy live performances of Salsa, Ballroom and various other dance forms. A brief history of the origins of these dances and where you can take classes will be discussed.

This program is held in the Civic Library auditorium 365 F Street.

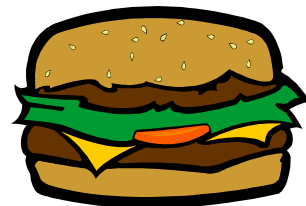
Call (619) 691-9774 for more information.

Burgers for Buck\$

Thursday, August 31st 12:00 pm

Come enjoy a delicious hamburger lunch prepared by the Norman Park Center staff. There will be good food, entertainment, and fun!

Cost: \$3.00



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Special Notices



www.LifeOptionsSouthBay.com



Directions & Connections for People Over 50
Visit Life Options Annex at
Norman Park Center
270 F St., Chula Vista
(619)691-9774
Mon, Tue & Thu
9 am-3 pm

A place to find information and opportunities for those over 50 looking for an active and rewarding retirement.

- Education & Learning
- Civic Engagement
- Second Career Training
- Health & Fitness
- Recreation & Travel
- Employment Opportunities

Successful Aging and You: Live Long, Live Well

These programs will be held at the Chula Vista Civic Center Library, 365 F Street, in Chula Vista. Advance registration is advised.

For further information call:
Life Options South Bay, (619) 691-9774.

The August program is featured on the cover of the Newsletter.

The Lawyer in Blue Jeans—Jeff Isaac

Saturday, Sept. 9 10:30 am

Knowledge is Power! Attorney Jess Isaac "The Lawyer in Blue Jeans" will address legal issues such as living trusts versus wills so you can make an informed decision on which works best for you. A brief question and answer period will follow the presentation and light refreshments will be served.

Christmas in April

Applications are available at Norman Park's Info and Referral office. This volunteer program provides home improvement repairs to low income homeowners in the City of Chula Vista. Eligibility is based on gross income. Applications must be received by August 7th.



Homeowners and Renters Assistance

Volunteers will assist in filling out forms.
Appointments begin July 1st through Oct. 15th.
Contact our Information and Referral Office for more information and an appointment.



**The Norman Park center
will be Closed...**

**Tuesday, July 4th
In honor of
Independence Day
AND
Monday, Aug. 7th
Through
Saturday, Aug. 19
For annual maintenance.**



Classic Films Series

Wed. July 5th 1:00 pm - Come see this great western made in 1952 starring Gary Cooper and Grace Kelly. This classic is about the town Marshal with a showdown at high noon.

Wed. August 2nd 1:00 pm - An outstanding comedy from 1934 that stars W.C. Fields. Also, see Fields in one of his best comedy shorts.



Special Notices



Fun to Be Fit Earn a free T-Shirt!

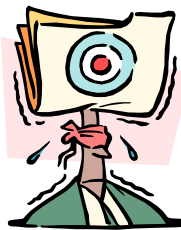


Pick up your Fun to Be Fit card at the Norman Park Center office, and a list of classes that qualify for a stamp. Once you've attended 50 Classes, you will be eligible to receive a free, Fun to Be Fit T-Shirt. Bring your completed card to the office!

MEN'S GROUP & LUNCH Monday, July 10th 12:00

The Men's Group in July will be discuss the importance of men's health issues. Part of this discussion will include "Fears Surrounding Hospitalization". This group is led by Dr. Rosenblatt and 3rd year family Medicine Resident, Dan Johnson. The new Family Medicine Interns will also be introduced at this meeting.

Lunch will be served. Please register for this monthly activity at 691-5086. Scripps Mercy Hospital of Chula Vista is providing the physician and lunch.



"There Are Solutions In Sight" A series by the Braille Institute Thursdays, through - July 27 10:30 - 11:30 am

Join us for a FREE seminar to help you live independently with limited vision. Examples of topics covered are: getting around safely, how to mark & label household items, dining with confidence, rediscover the joys of reading and tips for personal grooming.

BILLIARDS TOURNAMENT 12:00 pm Thursday, July 27th Thursday, Aug. 31st The sign up sheet is in the Pool Room.

Talent Showcase Thursday, July 13th 1:00 pm

Come and share your talent with the Chula Vista Senior Club. Sing, dance, comedy act or play an instrument. Spectators welcome. Prizes and special refreshments!

Get On the Ball! Friday, July 21st 9:30 am - 10:15 am

Come to the Norman Park Fitness Center and join the fun as we take a practical approach to flexibility using stability ball. This free-flowing workshop will teach you new ways to improve your posture, range of motion and coordination. Bring your already inflated stability ball if you have one.

Space is limited, call 691-5086 to register!



Summertime Beauty & Shine with Shani! Thursday, July 20th 10:00 am



Hang out with Shani and learn beauty tips on how you can stay cool and shine in the summer time. Learn how to look your best in fashionable summer outfits, and how to keep your skin soft, hydrated, and protected from the summer heat.

Receive the Newsletter at Home **By Mail:** \$7.00 per year. Please make your check out to the City of Chula Vista.

By Internet: Life Options Web Site- www.lifeoptionsouthbay.com.





Health & Safety



Anna's Wellness Column

"Whoever made up the saying 'Until death do us part' obviously lived in another era, when people didn't live as long. And I'm sure that person never envisioned that one of the people joined in union would want to expedite the process."

— Anna Solis

At the exercise classes that I lead, women come up to me and tell me that since they or their husbands retired, their husbands are getting on their nerves. They say that they had looked forward to retirement together, only to find that it was stressing them out to be around their mates all the time. One woman, in particular, stays for two of my hour-long classes in a row just to delay getting back home. I know women that have gone back to work just to get away from their spouses.

Retirement is definitely something you cannot totally prepare for until it happens. You can do financial planning, but the emotional, mental, and social aspects of it cannot be fully comprehended until you experience it.

Some couples love spending all their time together - they do not need time apart from their mate. For some people, however, including me, it is really healthy to have your own space and time alone.

I was planning to retire in another 15 years, but I am re-thinking it. My "house husband" is driving me insane. I may have to work longer just to have an excuse to get out of the house. Don't get me wrong. He is a nice man - very sweet, thoughtful, loving, sensitive, and a good cook to boot. He treats me like a queen. He also royally gets on my nerves.

I know that some people who have lost their mates would say they would welcome the exasperation just to have their spouses back, but for some of us, murder is starting to sound like an option. Please share your thoughts about this issue and I will print them in my next column. It may help to keep some of us out of jail.

Fitness Center

Hours: 10:30 am-2 pm Mon-Fri

Beginning in August

5:00 pm- 7:00 pm Mon-Fri

10:00 am- 12:00 pm on Saturday

Evening and Saturday hours supported by a grant from Scripps Health.

Membership and equipment orientation is required to use the fitness center. Free orientations Monday through Friday at 1:00 pm.

- July, Aug., Sept Membership:
\$20 Residents
\$40 Non-residents

Summer

- Circuit Training Class: June 19-Aug. 2
Monday and Wednesday 9:15-9:45 am or
Monday and Wednesday 10:00-10:30 am
\$10 Residents
\$12.50 Non-Resident

*Fitness Center will be closed
Aug. 7 - Aug. 20 for annual maintenance

Maximizing Your Memory

Monday, July 24th 10:00 am

The Alzheimer's Association is presenting a talk on how to Maximize Your Memory. This informative class is geared for all ages. It is designated to give helpful tips and strategies on memory for everyone!

To registers call: (858) 492-4400 ext. 122





Daily Events



Group	Day	Time	Group	Day	Time
Art-Acrylics	T	10:00am	Exercise	Tu	9:00 am
Art-Drawing	T	10:00am	(Longevity Stick)		
Art-Watercolors	M	9:00 am	Exercise	Sa (Marina)	8:00 am
Bereavement	Th	1:00 pm	(Longevity Stick)		
(San Diego Hospice)			Exercise	W	6:00 pm
Blood Pressure	F	8:00 am	(Strength Training)		
(Red Cross)			Exercise	W	9:00 am
Bridge-Party	Su	1:00 pm	(Tai Chi**)		
Bridge-Party	W, F	6:45 pm	Quilting	Tu	1:30 pm
Bridge-Chicago	M, Tu, F	12:30 pm	Scrabble	M, W, F	12:30 pm
Bridge-Duplicate	M	6:00 pm	Shuffleboard	Tu & Th	9:00 am
Bridge-Duplicate	W	12:30 pm	Singing Seniors	Tu	2:00 pm
Bridge-FarnumDup	M	6:00 pm	Spanish	W, F	9:45 am
Canasta	Su	1:00 pm	Spanish, Conv.	M,W,F	10:00 am
Casual Crafters	W	9:30 am	TOPS	F	12:00 pm
Chess	M,W, F	7:00 pm	Ukulele Class	T	10:00 am
Computer Class	M,T,W,TH	9:00 am	(Merry Ukes)		
Computer Class	M	1:00 pm	World Affairs	M	10:00 am
Computer Club	W	7:00 pm	Yoga (Chair)	W	7:15 pm
Computer Lab	W	12:00 pm	Yoga	Th*	5:00 pm
Computer Lab	F	10-12 pm	Yoga	Th*	7:15 pm
Computer Lab	F	1:00 pm	Yoga	F	8:00 am
Creative Writers	Tu	2:00 pm	* No class the first Thurs of July \$10 session		
Dance-Ballroom	M	1:00 pm	• **Tai Chi-\$1.00 donation request per class		
Dance-Line/Adv.	Tu	10:00 am	Line Dance	Tue	\$3/\$3.75 resident/non resident
Dance-Line/Beg.	Tu	11:00 am	Night Dance	Tue	\$3 for all
Dance (Tues. Night)	T	6:30 pm	Square Dance	Fri	\$5 for all
Dance- Square	F	7:00 pm	Strength Tr.	Wed	\$1/\$1.25
(Calico Twirlers)			Ballroom Dance	Mon	\$2/\$2.50
Exercise	M- Th	8:00 am	• Yoga-pm Thu \$10 for summer session		

Classes Requiring Pre-registration

Name	Date	Day	Time	*Cost	Call to Register
AARP Driver Safety Program	July 19 & 21 Aug. 23 & 25	W & F	12:30 pm	\$10.00	(619)641-7020
Computer Class Registration	M	10:00-12:00	R: \$20 NR: \$25		
	Th	12:00-3:00			

* R- Resident, NR- Non-Resident



July



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
						1
2 Open 1-5 pm	3	4 Center Closed Happy 4th of July!	5 1:00 Classic Film Series Rm 11	6 11:00 Newcomers Conf Rm 12:00 Potluck Cornell 12:30 General Mtg Hall 7:00 Antiques/Collectables 7:00 Coin Club Rm 9,10 7:00 SOBAR'S Rm 11	7 10:00 Travel Group Mtg. Rm 9 1:00 Video Rm 9	8
9 Open 1-5 pm	10 12:00 Men's Group Lunch Rm 11 1:00 Last day of Ballroom Dance until Sept. 11th	11 11:30 Life Options Volunteer Mtg. 3:00 Talent Show Fireplace	12 12:00 Grupo Amistad Rm 9,10,11 1:15 Out 2 Lunch Bunch 3:00 Commission on Aging Conf. Rm	13 1:00 Talent Showcase "Prizes & Refreshments"	14 11:30 American/Korean Group Rm 9,10	15 10:45 Golden Run Regatta CV Yacht Club
16 Open 1-5 pm 1:00 Parasol Strutters	17 7:30 pm Bahia Sur Kennel Club	18 12:30 La Ronda Rm 10, 11 2:00 Sing- a -Long Fireplace	19 12:30 AARP Driver Safety Program Rm 10	20 8:30 Vision Impaired Conf.Rm 10: 00 Summer Time Beauty and Shine Rm 9 & 10 1:00 Mary's Bridge Rm 6	21 9:30 Fitness Talk "Get on the Ball" 10:15 Volunteer Mtg Rm 9 12:30 AARP Driver Safety Program Rm 10	22
23/30	24 10:00 "Maximizing Your Memory" Class Rm 11 31	25 No Exercise 2:00 Investment Group Rm 10 6:30 Flexible Volunteer Program-Life Options	26 12-4:00 Bonita Artist Potpourri Rm 9 - 11	27 No Exercise 12:00 Billiards Tournament 1:00 Luau Cornell Hall	28 9:30 Sr. Club Board Mtg. Conf. Rm 10:00 Health Chat "Exercise" Rm 10 21:00 Grupo Amistad Rm 9 Board Mtg.	29

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
		1 No Exercise	2 1:00 Classic Film Series Rm 11	3 No Exercise 11:00 Newcomers Conf Rm 12:00 Potluck Cornell 12:30 General Mtg Hall 7:00 Antiques & Collectibles 7:00 Coin Club Rm. 9-10 7:00 SOBAR's Rm. 11	4 10:00 Travel Group Mtg. Rm 9 1:00 Video Rm 9	5 10:30 Life Options Dance Through Life @ Civic Library.
6 Open 1-5 pm	7 Center Closed	8 Center Closed	9 Center Closed	10 Center Closed	11 Center Closed	12
13 Center Closed	14 Center Closed	15 Center Closed	16 Center Closed	17 Center Closed	18 Center Closed	19
20 Open 1-5 pm	21 7:30 pm Bahia Sur Kennel Club	22 2:00 Investment Group Rm 10 6:30 Flexible Volunteer Program-Life Options	23 12:30 AARP Drivers Safety Program Rm 10 12:00 Bonita Artist Potpourri Picnic on the Patio	24 1:00 Birthday Party Cornell Hall	25 No Yoga 9:30 Sr. Club Board Mtg. Conf.Rm 12:30 AARP Drivers Safety Program Rm 10 12:00 Grupo Amistad	26
27 Open 1-5 pm	28	29	30 12:00 Grupo Amistad	31 12:00 Burgers for Bucks Rm 9-11 12:00 Billiards Tournament Game room		Page 7



Around Town Classes



Town Center Manor

Exercise:

432 F Street

For more information call

Barb Stephens 585-7338

Tues. / Thurs. 1:00 - 2:00 pm

Villa Serena

1231 Medical Ctr Dr. 934-8001

Call Villa Serena for new class times!

Cooking/Nutrition

Tuesday

English as a Second Language

M 1:00 pm

Exercise Class

M W F 10:30 am

Breast Health Education (2nd Wed.)

July 12th and Aug 9th 11-1 pm

Kiku Gardens

1260 3rd Avenue 422-4951

English as a Second Language (ESL)

Mon, 2:30 pm

Abacus & Brain Development.

Thurs. 2:00 pm

San Diego Sr. Olympics

August 18th - Lifestyle Luncheon

**Sept 8th- 24th - SD Senior
Olympics**

www.sdseniorgames.com

Veterans Park

Recreation Center

785 E. Palomar 691-5260

Line Dancing, Chair Exercise, and
Art classes offered. Call center for
days and fees

Summer Time Scoop!

Monday, July 17th 11:00 am

Learn about programs &
Senior services available in the
community and enjoy a Root
Beer Float (free).

Chula Vista Nature Center

Presentation

Wednesday, July 26 11:00 am

Refreshments will be served, free!

AARP Presentation

Wednesday, Aug. 16th 11:00 am

Learn about programs offered
through AARP. Refreshments will
be served.

Health Fair

Wednesday, Sept. 13 9-12:00 pm

Screenings, information, and
refreshments! Supported by a
grant from Scripps Health.

Parkway Pool

385 Park Way -691-5088

Lap Swim

M-F 6 to 8 am, 11 to 1 pm

\$2.00 per visit

\$18.00 Punch Pass for 10 visits

\$40.00 Quarterly Pass

Adult Swim Lessons

(2 week lessons)

M-F 6:45-7:45 \$35.00

Loma Verde Pool

1420 Loma Ln. 691-5081

Call for fees

Aquacise

M W F 7:00 - 8:00 pm

Lap Swim

Mon-Fri 6:00 - 8:00 am
11:00 - 1:00 pm

Water Aerobics

M W F 11:00 - 12:00 pm Waterwalking
12:00 - 1:00 pm & 7:00 - 8:00 pm

**Adult Lessons available
upon request.**

Heritage Comm. Ctr.

1381 E. Palomar St. 421-7032

Clay Class- \$45- 10 weeks

Th 7-8:30 pm

Aerobics

Tu / Th 9:00-9:50 am

July 11 - Aug 11 \$30.00



Special Notice



Do you live east of the 805?

If yes, please join us for programs offered at Veterans Park Center. Ask our staff at Norman Park for details, also see special events listed above.

Volunteer/Job/Stipend Opportunities

Life Options: Everyone is a Winner!

Have you recently retired or about to retire and want to become civically engaged? Have you always wanted to volunteer but were unsure of where to begin? Perhaps you aren't sure what skills you have to offer. Come speak with a Life Options Representative, we can help you discover your potential. We can provide information regarding opportunities that fit into almost any type of schedule and or ability. There is an organization out there that needs you! We also have resources for recreational, educational, health and fitness programs offered in the South Bay.

Flexible Volunteer Program

Do you want to volunteer but do not want to have a long-term time commitment to an organization? Do you want to volunteer around your schedule? Come join Volunteer San Diego's flexible volunteer program. This program allows you to volunteer for different projects according to your schedule. To take part or to learn more about his program, come attend a short orientation on July 25th or August 22nd at 6:30 pm.

For more information contact the Life Options Annex at: 619-691-9774 or visit our website at www.lifeoptionsouthbay.com.



Computer Corner



SeniorNet Computer Classes

SeniorNet Membership: \$40/yr (required by check)

Class Registration: (all 4 week classes)

\$20 (residents) \$25 (non-resident)

Beginning Computer Classes

Digital Photos and Stuff:

Thursdays, Sep. 7,14,21,28 1 - 4 pm

Word Processing:

Tuesdays, Sep. 5,12,19,26 9– Noon

Quicken

Mondays, Sep. 11,18,25, Oct. 2 9-Noon

Card Class– private instruction: Instruction is available by appointment. Register at the Office.

Fee per appointment : \$10.00 Residents, \$12.50 Non-Resident. Plus SeniorNet fee.



“Write Your Life Story” Class

Class Fee: \$30 ; \$20 to SeniorNet, \$10 to City of Chula Vista

Prerequisites: Students must be able to type and navigate the internet.

****SrNet Membership NOT required.**

Monday, Oct. 9,16,23,30 1:00 - 4:00 pm

Write your life story through structured sessions using the LifeBio internet service. Instructors will assist students in navigating a series of exercises and real-time history to tell the best and worst moments (only ones you are willing to discuss) of your life.

Challenge Test

Do you feel you know enough about computers to be able to test out of the beginning classes? If so, pick up a challenge test at The Norman Park office and go to the SeniorNet lab on one of the times listed below and take the challenge test.

Lab Hours

Wednesday 12 - 2 pm Friday 10 - 12 pm except on 3rd Fri.
1 - 3 pm

SeniorNet members may use the lab during hours listed.

Class schedules are available at Norman Park Center and the Life Options Website



Club News



Chula Vista Senior Citizens Club

Potluck & General Meeting

Thursday, July 6th 12:00 pm
Thursday, Aug. 3rd 12:00 pm

Please bring a potluck dish to share with 6 to 8 people. Afterwards, stay and participate in the Club General Meeting.

For the Potluck in July Marianne is cooking Shrimp Scampi & Salmon.

Newcomer Orientation

Thurs, July 6th 11:00 am
Thurs, Aug 3rd 11:00 am

Our Hospitality Committee will welcome new members, and answer questions about our programs.

Oxford Senior Citizens Club

Boys & Girls Club/Lauderbach Ctr

333 Oxford St. Chula Vista
407-4774

Board Meeting - July 7th

Bingo- July 14th

Potluck - July 21st

Birthday Party - July 28th

Barona Casino Trip- July 11th

Movies

Friday, July 7th 1:00 pm

Movie day at Norman Park goes to the dogs! Come and see an exciting & inspiring adventure; based on a true story of an explorer's separation from his team of K-9 companions and their struggle to survive the snowy wilderness and reunite.

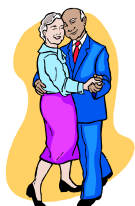
Fresh Popcorn will be provided!



Birthday Party

Thursday, August 24th 1:00 pm

Cake and Ice Cream will be served, July and August birthday folks are free, all others pay \$1.00



Tuesday Night Dance

Tuesdays 6:30 pm

Join this great group every Tuesday Night in July and August, for music and dancing!

\$3 at the door

July 4th - NO DANCE

July 11th - "Country Western"

July 18th - "Horse Racing Day"

July 25th - "Formal Night"

Aug. 1st - "Roaring Twenties"

Aug. 8th - NO DANCE

Aug. 15th - NO DANCE

Aug. 22nd - "Hawaiian Theme"

Aug. 29th - "Formal Night"



Volunteer Spotlight!

Marianne Stewart

In 2003 Marianne Stewart joined the Norman Park Volunteer Program. Now she is the 1st V.P. of the Senior Club and potluck entrée cook.

Born and raised in N.J., she has 2 daughters and 4 grandchildren. She has had many careers. A casino cocktail waitress, licensed craps dealer in Atlantic City, real estate rep., as well as, a life insurance agent. Along with her husband Larry, a former casino pit manager for over 40 years, she and Larry became ostrich breeders. Raising, incubating and hatching ostriches on their farm. After they retired they traveled Europe for 30 days. They purchased a Class-A motor home in '98 and toured North America eventually stopping at J St. Marina in Chula Vista. They fell in love with the weather, hired a realtor and found a home in Chula Vista in Oct. 1999.

She loves to cook, travel and is the Queen of a new C.V. Red Hat Society Chapter. She and Larry own two silky terriers. She feels blessed and privileged to know and work with our friendly staff and loving volunteers. She encourages all to join NPSC and attend our Pot Lucks the first Thursday of each month. She treasures the many friends she has made here.



Special Notices



Travel Club Meeting

Friday, July 7th 10:00 am
 Friday, August 4th 10:00 am

The Chula Vista Senior Citizens Club has a travel meeting the 1st Friday of every month. Elaine from On the Road Travel leads the meetings. Upcoming trips and events are discussed and refreshments are served.



Scheduled Trips

July 12 A Bit of Italy on Naples Bay
 Sept. 2 "Gypsy"
 Sept. 23 Getty Villa in Malibu

Trips are wheelchair accessible. Please give the trip office a minimum of 3 weeks advance notice if you require a lift to go on a trip.

Trip Office Hours are: Thursdays
 10:00 am - 1:00 pm
 Call 476-5356 for more information

Free Medical Services

Dr. Chris Sears is providing a free mobile medical clinic through the Health and Faith Alliance for uninsured seniors and families on fixed incomes with no medical insurance. This walk up program will be held on Friday afternoons at Most Precious Blood or St. Rose of Lima.

For more information call 971-3800

Medicare Part D Prescription Assistance

Several organizations have stepped in to assist Medicare beneficiaries with limited English skills to navigate the complex new Prescription Drug Plans.

English Speakers : 1-800-336-2722

Spanish Speakers, contact the National Alliance for Hispanic Health:
 Mon- Fri 8:00 am - 6:00 pm (ET) 1-866-783-2645

Asian Language speakers contact the numbers provided by NAPCA
 Chinese (Cantonese & Mandarin): 1-800-582-4218
 Korean: 1-800-582-4259
 Vietnamese: 1-800-582-4336

CRIBBAGE & TABLE TENNIS PLAYERS NEEDED!

Call the Center if you are interested
 (619) 691-5086

PINOCHLE PLAYERS NEEDED!

Call Stewart Robinson
 (619) 426-3937

Count the Butterflies Contest Winners!

The May/June Newsletter was fluttering with 20 Butterflies. Congratulations to the winners:

Barbara Guerrero
 Rosemary Hass
 Jean Baumgartner

Count the Ladybugs Contest

Three winners will be drawn randomly



Count the Ladybugs Contest



Name:

Phone:

Number of Butterflies:

Center Operations

Senior/ Human Services Supervisors

Recreation Supervisor III Karen Harvell
Recreation Supervisor II Kathy Wigginton

Senior/ Human Services Staff

Lorraine Abril
Alena Batson
Michele Blemur
Jim Craig
Shani Crawley
Millie Day
Pedro Garcia
Bruce Harris
Victor Johnson
Vanessa Miranda
Danette Myers
Donna Rodriguez
Anna Solis
Cedric Starling
Christopher Taylor

Chula Vista Senior Citizens 2006 Officers

President: Richard Bartlett
1st Vice President: Marianne Stewart
2nd Vice President: Vera Wuestenberg
Secretary: Bonita Price
Treasurer: Rosemary Haas

Hours of Operation

270 F St. Chula Vista, Ca. (619) 691-5086

M, T, W, & F 8:00 am– 10:00 pm

Thursday 8:00 am– 9:30 pm

Sunday 1:00 pm–5:00 pm

Trip Office

Thursday 10:00 am– 1:00 pm

Phone Numbers

Receptionist: 691-5086

Hostess Desk: 691-5023

Trip Office: 476-5356

Information & Referral 691-5087

As a recipient of federal funds, the City of Chula Vista cannot discriminate against anyone on the basis of race, color, sex, religion, national origin, age, mental or physical disability. If anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination, with either the City of Chula Vista Recreation Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington D.C. 20240.



Recreation Department
Norman Park Senior Center
270 "F" Street
Chula Vista, CA 91910